

[illegible]

A method to replenish human growth hormone (hGH) in a human adult. A initial daily dose of hGH is administered for three to four weeks, then an individualized maintenance dose is determined by determining the individual's response to serially increased doses of the initial dose. The maintenance dose is then administered, usually in a microsphere formulation so that reduced dosing frequency is possible. The method is useful to alleviate some of the effects of aging in mature adults.